Heart Health As We Age



The older you get, the higher your chances of heart disease or a heart attack. In their 60s, about 20% of men and 10% of women have heart disease. By age 80, those numbers grow to 32% of men and nearly 19% of women.

Some things make you more likely to have heart disease, including:

- · Uncontrolled high blood pressure
- High cholesterol
- Diabetes
- Smoking
- Excess weight



These prevention strategies can help:

- Eat a balance of fiber-rich fruits, vegetables, and whole grains.
- Focus on good fats -- the kinds found in olive oil, fish, and avocado.
- · Limit sugar and cholesterol.
- Avoid unhealthy saturated fats in desserts, red meat, and fried foods.
- Exercise is good medicine. Aerobic exercise makes your heart pump more efficiently. Experts recommend that you do 150 minutes of moderate-intensity aerobic activity a week.
- Quit smoking. It's never too late to quit.
- Beat back stress. Instead of reaching for comfort food or alcohol, try these tips:
 - Take a walk.
 - o Meditate.
 - Get a good laugh from watching a movie.
 - Confide in a counselor or a good friend.
 - Make sure you sleep enough, too.





ADSS Nutrition Team, Winter FY23

